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Tiger Daily [February 16, 2018]

Tiger Daily

Fri 2/16/2018 10:16 AM

To: Tiger Daily <TigerDaily@fhsu.edu>;



ANNOUNCEMENTS

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EVENTS

[THIS WEEK/WEEKEND](#)

- [News Conference to Honor Major Donors - TODAY; 10:00am](#)
- [Tailored for Tigers Ribbon Cutting - TODAY; 11:00am](#)
- [Writing Circle - TODAY; 4:00pm to 5:00pm](#)
- [A Patriotic Piano Salute - TODAY; 7:30pm](#)
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FUTURE EVENTS

- Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters - February 19; 3:30pm to 4:30pm
- Coffee & Conversation - February 20; 8:30am to 9:30am
- Science Café presents: "Same Stress, Different Animal" - February 20; 7:00pm
- Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters Workshop - February 21; 3:30pm to 4:30pm
- FHSU's Entrepreneur Direct Lecture Series to Feature Shipping and IT Entrepreneurs - February 22; 10:30am to 11:45am
- Managing Stress & Burnout Through Emotional Intelligence & Mindfulness - February 23; 1:00pm to 4:30pm
- LDRS 310 Freddy's Fundraiser Night for WKCAC - February 26; 5:00pm to 9:00pm
- Advisor Training - Dates and Times Listed Below
- Kansas Teacher of the Year Team to Visit FHSU - February 27; 10:30am to 11:30am
- Tiger Teacher Nation Employment & Education Virtual Fair - March 5; 11:00am to 6:00pm
- Managing Conflict in the Workplace - March 7; 1:00pm to 4:30pm
- Black & Gold Academy - Student Leadership Institute - March 10; 8:30am to 4:00pm
- Improving Time Management - March 13; 1:00pm to 4:30pm
- On-Site Biometric Screening and Health Coach Available - Dates and Times Listed Below

SHARE WITH STUDENTS

- Alternative Spring Break in Amarillo, TX
- Student Abroad Grants

STUDENT ABSENCES

- National Association of Campus Activities National Conference

ANNOUNCEMENTS

Fresh Food Friday

This week's fresh food Friday is green peppers!

Stuff and bake them, stir fry them, cut them into slices and use them for your favorite dip! Due to the limited number of the offering, we ask that you only take 1 per person. Peppers will be placed in the fridge inside the Tiger Food Exchange (located on the mail floor of the Forsyth Library) at **1:00pm**.

Contact Shane at sfkeller2@mail.fhsu.edu with any questions.

National Residence Hall Honorary Nominations Open until - March 1

The Golden Plains Chapter of the National Residence Hall Honorary is seeking nominations! The National Residence Hall Honorary exists to recognize those students who have committed personal time and energy into making their college experience more meaningful by being involved in their communities. NRHH was founded to help recognize and foster leadership in individuals who voluntarily make positive impacts on the lives of others. The National Residence Hall Honorary truly believes that recognition and service are musts in a strong on-campus living community.

Members of NRHH are considered the TOP 1% of leaders in the on-campus population and are selected for life-long membership based on service to their communities. Candidates must exemplify strong character, leadership potential, and a desire to recognize other leaders who are making a difference on campus.

Nominations are due by March 1. You can submit nominations [HERE](#)

Happy Post-Valentine's Day from Tigers In Service!

Did you show your community some love on Wednesday? If not, there is still time! Donate non-perishable food items to show the community you love them! All items will be donated to the Community Assistance Center.

You may donate items in the Memorial Union from 12 – 2 pm in the Feature Wall Lobby, or at the Tigers In Service office in Custer Hall 202. Donation boxes will remain for the remainder of the week.

Students who donate 10 items will be eligible for one (1) service hour, and the chance to win a TIS t-shirt!

Questions? Contact service@fhsu.edu.

Alumni Association Offers Tiger T-shirt Flash Sale!

Tiger T-Shirt Flash Sale
Tuesday–Friday, February 13-16 ONLY

In celebration of St. Valentine’s Day and in appreciation for all that you do, the FHSU Alumni Association is pleased to offer FHSU faculty, staff and students the opportunity to purchase two of our most popular t-shirts at a discounted price.

2017-18 Tiger Generational T-Shirt

In its seventh year, the Tiger Generational T-Shirt project has raised over \$15,000 in scholarship funds for second and third generation Tiger students. The 2017-18 shirts, featuring the evolution of the Tiger mascot on a gold shirt, are available in a wide variety of sizes from Youth XS to Adult 3XL in short sleeves and Youth S to Adult 3XL in long sleeves. These shirts are perfect to supplement your Tiger Gold on Friday wardrobe!

	Regular Price:	Sale Price:
Short-Sleeved sizes	\$14.00 - \$17.00	\$10.00 all
Long-Sleeved	\$18.00 - \$20.00	\$15.00 all sizes

FHSU Baseball/Raglan Shirt

This baseball shirt with three-quarters length sleeves comes in gray with black sleeves and features Victor E Tiger on a soft, lightweight cotton-poly blend. Sizes are adult medium through 2XL.

Regular price:	Sale price:
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\$18.00 - \$20.00

\$15.00

These shirts will be available for sale all week at the Alumni office on the first floor of the Robbins Center or during these times...

Tuesday, February 13 – 10 a.m.- Noon

Robbins Center Lobby

Thursday, February 15 – 10 a.m.- 2:30 p.m.

Memorial Union near Starbucks

Thursday, February 15 – 5:30 -8:00 p.m.

Northeastern State at FHSU Basketball

Gross Memorial Coliseum, Between Gates 2 & 3

Prices are available for in-person purchases only Feb 12-16. If you are unable to visit us at any of these times or if you are a virtual employee or student, contact our office via email at alumni@fhsu.edu or by phone at 785-628-4430 to discuss alternate arrangements. *Prices valid while supplies last.*

Swimming Tigers

Registration for the FHSU Swimming Tigers Program is now available on www.imleagues.com! The Swimming Tigers Program is open to adults and children (six months of age and older), offering private lessons during the spring semester. Lessons will last 30 to 45 minutes over the course of four sessions in the Cunningham Hall Natatorium. Once registered, you will be notified of what instructor you have been paired with. Lesson times will be arranged between you and the instructor.

If you are interested in registering you or your child for swimming lessons follow the directions below:

1. Go to www.imleagues.com. If you already have an account skip to step 6.
2. Click on the orange “Signup” tab on the top right.
3. Click on “Select School/Organization” and type FHSU Cunningham Facility Use.

4. Fill out information.
5. Confirm your account through email.
6. Once logged in click on the “FHSU Cunningham Facility Use” tab in top left corner.
7. Select the blue “Pool” tab to the right of the tiger logo.
8. Click on which session you would like to join.
9. Once in the level, click on the green outlined “Register/Signup” tab.
10. Enter the appropriate name where it says “Team Name”.
11. Fill out the information and make the payment.
12. You are now registered for swim class.

If you have any issues please do not hesitate to call our office, 785-628-4373.

Brittney Jacobs; Assistant Director of FHSU Campus Intramural and Recreational Sports

Sign up for Dartlet Workshops to Help Guide FHSU Marketing Strategy

A couple of weeks ago President Mason announced the kickoff of a project to assess the university’s brand, create a marketing plan and redesign the website. We have partnered with Dartlet, a leader in marketing research and strategy, for this project.

Dartlet representatives will be on campus February 12 to 14 to conduct workshops with faculty, staff, students, community members and other stakeholders. There are two distinct and integrated phases of workshops: Personality and Platform. The Personality workshops help define the authentic human personality of FHSU, while the Platform workshops cascade these insights into messaging and storyline outcomes.

Your perspective matters to this project, as the results will eventually culminate in a new marketing strategy and communication platform for the university.

Please sign up for at least one workshop or if your schedule permits, register for both a Personality and a Platform workshop. There are several dates and times offered. Use the following link to register.

http://tigerlearn.fhsu.edu/events/?tribe_paged=1&tribe_event_display=list&tribe-bar-search=Dartlet

Thank you for investing your time to help shape the university's future.

EVENTS

News Conference to Honor Major Donors

Friday, February 16; 10:00am

Sunset Atrium, Memorial Union

News conference to honor major donors who have made video boards possible at Fort Hays State University's main athletic venues

When: Friday, Feb. 16 at 10 a.m.

Where: Sunset Atrium of FHSU's Memorial Union

Verlin and Elaine Pfannenstiel funded the new video scoreboard hanging above center court at Gross Memorial Coliseum, which was installed before the 2017-18 school year.

Combining to provide a huge new video board in time for the 2018 home football season at Lewis Field Stadium were Don and Chris Bickle, Eagle Communications, and the Bob and Pat Schmidt Foundation.

Please join us Friday morning in recognizing and honoring these generous donors!

-Hayley Bieker, Director of Communications and Marketing

Tailored for Tigers Ribbon Cutting

Friday, February 16; 11:00am

Forsyth Library

The Hays Area Chamber of Commerce is hosting a Tailored for Tigers Ribbon Cutting on **Friday, February 16**, at **11 a.m.** in the **Forsyth Library**.

Please join us in celebrating the launch of the closet. Tours and refreshments will be provided. <http://www.fhsu.edu/Tailored-for-Tigers/>.

Writing Circle

Friday, February 16; 4:00pm to 5:00pm
Forsyth Library Room 133

Looking for a supportive, encouraging space for your writing projects? Come to Room 133 at Forsyth Library and join the Writing Circle!

Whether you are working on creative writing, something for class, or writing for publication, we provide a space for you to work, exchange writing, offer feedback, and learn more about the writing process.

Snacks provided.

A Patriotic Piano Salute

Friday, February 16; 7:30pm
Beach/Schmidt

FHSU International Piano Series presents a **President's Day recital** featuring Dr. Shannon Sadler.

Dr. Sadler returns to Fort Hays State University to give Red, White, & Blue: All-American Piano Recital thirty-three years after winning the Hays Symphony Concerto Competition at just 16 years of age.

Admission is free.

For additional information, please contact Dr. Irena Ravitskaya at iaravitskaya@fhsu.edu.

Chinese New Year Gala

Saturday, February 17; 7:00pm to 8:30pm

FHSU Beach/Schmidt Performing Arts Center

CSSA (Chinese Students and Scholars Association) is inviting you to attend the Chinese New Year Gala! Please join us and experience Chinese culture. There will be many performances from our Chinese and Korean students. This event is free and open to everyone. Chinese New Year (Lunar New Year) is the most important festival in China and it is celebrated by several Asian countries. 2018 will be the Year of the Dog. You are a “dog” if you are born in one of these years: 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018. People born in the year of the dog are usually independent, sincere, loyal and decisive according to Chinese zodiac beliefs. We will see you there!

-Chinese Students and Scholars Association

Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters

Monday, February 19; 3:30pm to 4:30pm

Forsyth Library, South Study Area

Presenter: Dr. Brooke Moore

Dr. Brooke Moore presents tips and tricks for creating a winning research poster. Come to the Tips & Tricks Workshop Series to get ready for the John Heinrichs Scholarly & Creative Activities Day (SACAD) this April. Tips & Tricks workshops will benefit students, faculty, and staff who are pursuing research opportunities or presenting at professional conferences. [View the full list of workshops.](#)

For more information, please contact Cyndi Landis at cllandis2@fhsu.edu or 785-628-4529

Coffee & Conversation

Tuesday, February 20, 8:30am to 9:30am
Sunset Lounge, Memorial Union

Come to the Union to discuss your experiences & explore perspectives from other people with the Office of Inclusion and Diversity Excellence.

This is a Come and Go session and will be at Sunset Lounge on February 20, from 8:30 to 9:30 am.

AND there will be Coffee and Pastries!

Science Café presents: "Same Stress, Different Animal"

Tuesday, February 20; 7:00pm

Gella's Diner, 117 East 11th St.

All animals (including humans) experience stress. Using insights from the animal kingdom, this presentation will explore why stress is important, and what happens with it when it gets out of hand.

Dr. Medhavi Ambardar, Instructor, FHSU Biological Sciences

FEBRUARY 20, 2018, 7:00 PM

GELLA'S DINER, 117 East 11th Street

Free and open to the public

Sponsored by Science and Mathematics Education Institute

Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters Workshop

Wednesday, February 21; 3:30pm to 4:30pm

Forsyth Library, Computer Lab

Presenter: Dr. Arvin Cruz

Dr. Arvin Cruz will lead a hands-on workshop to help participants create their own research poster. Bring your questions, ideas, and details from your research project to work on creating your poster. Come to the Tips & Tricks Workshop Series to get ready for the John Heinrichs Scholarly & Creative Activities Day (SACAD) this April. Tips & Tricks workshops will benefit students, faculty, and staff who are pursuing research opportunities or presenting at professional conferences. [View the full list of workshops.](#)

For more information, please contact Cyndi Landis at cllandis2@fhsu.edu or 785-628-4529

FHSU's Entrepreneur Direct Lecture Series to Feature Shipping and IT Entrepreneurs

Thursday, February 22; 10:30am to 11:45am

Robbins Center's Eagle Communication Hall

Since Fort Hays State University started its Entrepreneur Direct Speaker Series in 2010, it has featured a wide variety of entrepreneurs from legendary entrepreneurs near the end of their careers to young entrepreneurs who only recently started businesses. On February 22, the Robbins College of Business and Entrepreneurship will present two successful mid-career entrepreneurial businessmen who are leading substantial large scale businesses. John Tavlarios and Jim Brull will present in the Robbins Center's Eagle Communication Hall from 10:30-11:45 am on the Fort Hays State University campus. The presentation is open to the university community and the public. It is free of charge.

John Tavlarios is the Chief Operating Officer of Gener8 Maritime, Inc. Genera8 engages in the transportation of international seaborne crude oil and petroleum products and has operations around the globe. Tavlarios has worked in varying positions related to international shipping and marine operations for over 30 years. Past positions include President and founder of Halcyon Trading Company, a consulting firm specializing in international business development with a particular

emphasis on the international oil industry. Tavlarios' wife Linda Murphy Tavlarios is a Hays native and 1981 Fort Hays State University Political Science graduate.

Jim Brull is one of four managing partners and co-founder of Centroid www.centroid.com. The company, provides IT Consulting, Managed Services and Cloud Services for mid-market to enterprise accounts across the USA. Centroid is regarded as one of Oracle's top partners in the ecosystem. Centroid has won numerous awards in the industry from its customers and from Oracle. It has distinguished itself as one of Oracle's Top 25 Go-to Partners across North America out of 4500 partners. Centroid has strategic relationships with Oracle, Gartner and Equinix, HID Security. Brull is a Stockton native who received his BBA in Marketing from Fort Hays State University in 1989.

Entrepreneur Direct is a speaker series conducted by Fort Hays State University's Robbins College of Business and Entrepreneurship that features successful entrepreneurs in an informal setting accessible to students, faculty and the public. The program is intended to connect students with successful entrepreneurs who have stories and advice to share. A panel asks questions about entrepreneurship and encourages questions and interaction with the audience.

Managing Stress & Burnout Through Emotional Intelligence & Mindfulness

Friday, February 23; 1:00pm to 4:30pm
Stouffer Lounge, Memorial Union, FHSU

Are you stressed and overwhelmed at work? Do you struggle with burnout? The Management Development Center workshop, *Managing Stress and Burnout through Emotional Intelligence and Mindfulness* is back by popular demand! The workshop will be from 1-4:30 p.m. on Fri., Feb. 23 in Stouffer Lounge.

Attendees will learn about emotional intelligence and mindfulness and explore how to use these strategies to help alleviate stress and burnout.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President! Limited funding is available annually per division.

Due to overwhelming response from the **Academic Affairs division**, the funds for those faculty & staff members have been **used through July 31**. For those in this division, workshop registration should be paid for by department or personally.

Otherwise, registration can be completed online at
<https://webapps.fhsu.edu/MDC2.0/Default.aspx>.

If you are an Academic Affairs member & are interested in attending this workshop, contact Hannah Hilker at 785-628-4121 or hehilker@fhsu.edu

LDRS 310 Freddy's Fundraiser Night for WKCAC

Monday, February 26; 5:00pm to 9:00pm

Freddy's Frozen Custard & Steakburgers

Our Leadership 310 group has partnered with Western Kansas Child Advocacy Center and we are holding a percentage night at Freddy's Frozen Custard & Steakburgers on **February 26, from 5-9 pm.**

If you mention the WKCAC to the cashier (dine in or drive-thru) 15% will go to WKCAC! Come out and support a great non-profit that not only benefits children and families in Hays but throughout western Kansas!

We hope to see you there!

Hannah Doll, JJ Lewis, Aubry Flory, Kassidy Clark, Jon Folkerts

Advisor Training

Dates and Times Listed Below

The Academic Advising and Career Exploration Center offers certificates for academic advisors each semester. The two remaining sessions for the ADVISING SPECIAL POPULATIONS CERTIFICATE have been included below. The remaining NACADA Web Events have been included below as well.

If you have attended sessions in the past and need to know which sessions you have left to receive your certificate, please email advising@fhsu.edu for assistance with your name and department.

NOTE: This is open to both faculty and staff. Please feel free to bring your lunch to the session.

RSVP: Please **RSVP to** advising@fhsu.edu or **785-628-5577** to let us know which session(s) you will be attending. We will send you a calendar entry that you will need to Accept and Send the Response Now. This will allow us to have the appropriate number of handouts.

Advising Technology Certificate

This certificate will provide academic advisors with information related to the primary technology applications utilized to support academic advising at FHSU. Participants need to bring their laptop with them for each session.

Tuesday, February 27, 12:00-1:00 PM, Tiger Early Alert, Memorial Union:
Pioneer Room

Career Advising Certificate

This is a great professional development opportunity for those interested in effectively providing career advising to their advisees, gaining an understanding of how the career exploration process works in AACE and role of the UNIV 100 Majors and Career Exploration course. Enrollment in the program is limited to 20 participants. Participants need to bring their laptop with them for each session.

Tuesday, March 27, 12:00-1:00 PM, Plan B, Memorial Room: Trails Room

Tuesday, April 3, 12:00-1:00 PM, MyMajors, Memorial Room: Pioneer Room

Tuesday, April 10, 12:00-1:00 PM, TypeFocus Personality, Memorial Room:
Trails Room

Tuesday, April 17, 12:00-1:00 PM, StrengthsQuest, Memorial Room: Trails
Room

Advising Special Populations Certificate

This certificate will provide information on working with the diverse needs of our students. Whether you are currently advising students in the population or not, you will gain information that can assist you. Participants must attend each session to

receive the certificate. Advising Student Athletes and Advising International Students were offered in the fall. The following are dates for the spring sessions.

Tuesday, March 13, 12:00-1:00 PM, Advising Transfer Students, Memorial Union: Pioneer Room

Building Advisor Competency Series (3 fall sessions, 4 spring sessions). This series is produced by NACADA: The Global Association for Academic Advising.

NACADA Web Events:

Tuesday, March 6, 1:00-2:00 PM - Building Advisor Competency:

Informational Knowledge Component, Memorial Union: Trails Room

Wednesday, April 4, 1:00-2:00 PM - Building Advisor Competency: Relational Skills Component, Memorial Union: Smoky Hill Room

Wednesday, May 9, 1:00-2:00 PM - Using the Academic Advising Core Competencies Model to Create an Action Plan for Professional Growth and Development, Memorial Union: Pioneer Room

Questions should be directed to advising@fhsu.edu.

Kansas Teacher of the Year Team to Visit FHSU

Tuesday, February 27; 10:30am to 11:30am

Stouffer Lounge, Memorial Union, FHSU

You are invited to a presentation from the 2018 Kansas State Teacher of the Year Team.

For more information, contact Janet Stramel, jkstramel@fhsu.edu or 785-628-4474.

Tiger Teacher Nation Employment & Education Virtual Fair

Monday, March 5; 11:00am to 6:00pm

New! The Tiger Teacher Nation Employment & Education Virtual Fair is a new initiative to connect teaching candidates with potential employers virtually, replacing the on campus Teacher Interview Day.

The virtual fair will be held **Monday, March 5**, from 11 a.m. to 6 p.m. CST. Student registration, FAQ's, and districts registered for the fair are available at <http://www.fhsu.edu/career/fairs/ttn-virtual-fair/>.

Employers will continue to register up to the day of the event, so check back often!

Managing Conflict in the Workplace

Wednesday, March 7; 1:00pm to 4:30pm

Hansen Entrepreneurship Hall, FHSU

Conflict is a natural part of any workplace. The presence of conflict is not necessarily a negative thing – if effectively resolved, conflict can lead to growth. Work on your conflict resolution skills by joining the Management Development Center for *Managing Conflict in the Workplace*.

Attendees will learn about common roots of workplace conflict, positive conflict management strategies, how to give critical feedback, and how to have difficult conversations.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President! Limited funding is available annually per division.

Due to overwhelming response from the **Academic Affairs division**, the funds for those faculty & staff members have been **used through July 31, 2018**. For those in this division, workshop registration should be paid for by department or personally.

Otherwise, registration can be completed online at <https://webapps.fhsu.edu/MDC2.0/Default.aspx>.

If you are an Academic Affairs member & are interested in attending this workshop, contact Hannah Hilker at 785-628-4121 or hehilker@fhsu.edu.

Black & Gold Academy – Student Leadership Institute

Saturday, March 10; 8:30am to 4:00pm
Fort Hays Ballroom, Memorial Union

Attention Advisors:

On Saturday, March 10, the Division of Student Affairs will host the student leadership institute referred to as the Black & Gold Academy. This academy will provide students an opportunity to participate in small group discussions where they will learn to demonstrate civic learning and civic engagement, apply civic ethos principles to organizations and community, and reflect on personal leadership skills to relate those skills to civic engagement. Jason Bosch will give the featured keynote address; he is the founder and owner of the Elevate Agency. For over a decade, Jason has influenced the lives of countless college students through his career in higher education and student affairs. Through the keynote, Leadership Matters, Jason will focus on the importance of leadership in organizations and communities, asserting anyone has leadership capabilities.

As the event is fast approaching, the Center for Student Involvement asks you to encourage current members and officers as well as any potential student leaders to participate.

Registration for the Black & Gold Academy is available now on TigerLink and closes at 11:59pm on Sunday, March 4. There is an alert on the TigerLink homepage or students can access the registration form by [clicking this link](#).

Please don't hesitate to contact our office with any questions or concerns about this leadership opportunity for our students. For questions about this event, contact the Center for Student Involvement at 785-628-4664 or csi@fhsu.edu or visit us in the lower level of Memorial Union.

Thanks for your support!

Improving Time Management

Tuesday, March 13; 1:00pm to 4:30pm

Stouffer Lounge, Memorial Union, FHSU

Do you find yourself getting off track at work? Do you struggle with completing tasks in an efficient manner? Join the Management Development Center for ***Improving Time Management*** with Dr. Justin Greenleaf, Leadership Studies Department.

Attendees will learn about their individual time management skill levels, how to implement various time management tools, how to address time management barriers, and will create goals for improving time management.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President! Limited funding is available annually per division.

Due to overwhelming response from the **Academic Affairs division**, the funds for those faculty & staff members have been **used through July 31, 2018**. For those in this division, workshop registration should be paid for by department or personally.

Otherwise, registration can be completed online at
<https://webapps.fhsu.edu/MDC2.0/Default.aspx>.

If you are an Academic Affairs member & are interested in attending this workshop, contact Hannah Hilker at 785-628-4121 or hehilker@fhsu.edu

On-Site Biometric Screening and Health Coach Available

Dates Listen Below

Free Biometric Screening Offered

- Wednesday, April 11th
- Tuesday, May 8th
- Thursday, September 6th
- Tuesday, October 2nd
- Wednesday, October 3rd

Worth 5 HealthQuest Credits

For employees and spouses enrolled in Plan C, J, N, or Q, participation is also worth \$50 into their HSA or HRA Account.

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Fort Hays State University – Memorial Union

There will also be a Health Coach available that day from 7:00AM- Noon in the Memorial Union Calvary Room (Room 205).

<http://www.kdheks.gov/hcf/healthquest/coaching.html>

Deadline to sign up is 3 DAYS PRIOR TO DATE by midnight.

How Do I Sign Up?

Log-on to your account on the wellness portal

(<https://kansashealthquest.cernerwellness.com/>). To create a new account, follow instructions found at

http://www.kdheks.gov/hcf/healthquest/download/How_to_Register_an_Account.pdf.

Once logged in, follow these simple steps to schedule your screening:

- Click on Biometric Screenings
- Select Onsite Screenings
- Login or create an account on the Online Scheduler
- Select Hays from the list of cities
- Select the Location/Date you want to attend
- A list of times will appear. Select the time that works best for your schedule.
- Answer a few simple questions and click Create Appointment

What is a Biometric Screening?

Knowing cholesterol or blood glucose values can help you identify serious risks and manage or prevent health problems before they occur. HealthQuest sponsors free biometric screenings at worksites statewide. Testing is conducted in 30 minutes or less using a simple finger stick. Results you will receive include:

- Total Cholesterol, HDL, LDL and total Cholesterol to HDL ratio
- Triglycerides and Glucose
- Systolic and Diastolic Blood Pressure

- Height, Weight, and Body Mass Index (BMI)
- Waist Circumference

Remember for best results to fast for a minimum of 9 hours prior to your appointment. Water, tea and black coffee (no cream or sugar) are okay. Take medications as usual also.

Who is Eligible to Participate?

- Benefits eligible State and Non-State employees who are enrolled in the state employee health plan or who have waived coverage in the plan
- Spouses who are enrolled in the medical portion State Employee Health Plan

SHARE WITH STUDENTS

Alternative Spring Break in Amarillo, TX

Tigers In Service Alternative Spring Break 2018: Amarillo, TX
Make a difference this spring break working with Habitat for Humanity!

The trip will take place from March 18–23

- Only 13 spots available!
- Must be 18 years or older.
- If selected for the trip, a \$75 deposit is required.

Apply by **Thursday, February 22** on TigerLink:
<https://tigerlink.fhsu.edu/submitter/form/start/158336>.

Questions? Contact service@fhsu.edu.

Study Abroad Grants

Phi Kappa Phi offers Study Abroad Grants of \$1,000 to students. PKP membership is not required.

More information and the application is available

at: <https://www.phikappaphi.org/grants-awards/study-abroad#.WnMS-WJMHYU>.

Deadlines for 2018 are September 15th. Email me if you have questions:
dmludwig@fhsu.edu.

-Deb Ludwig, PKP Grants and Awards officer

STUDENT ABSENCES

National Association of Campus Activities National Conference

The following students will be absent from classes beginning on Friday, February 16, and returning at 6:00 PM on Wednesday, February 21. They will be attending the NACA National Conference in Boston MA. They have been instructed to communicate this absence with their professors. Thank you for your support of this co-curricular activity.

- Lorenzo (Trey) Basa
- Kelly Strecker
- Jacob Schoenfeld
- Jesse Cooper
- Madeline Muller
- Jesse Schoenfeld
- Zack Shinkle

Jacob Ternes | Assistant Director of the Memorial Union

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To submit an article for Tiger Daily, please create a **new** message and email it to tigerdaily@fhsu.edu before **10:00 a.m.** Items received after 10:00 a.m. will run the next business day. Submissions will be accepted only from FHSU faculty, staff, and student organizations. **Submissions must include a headline, body text, and contact information only. Attachments, graphics and images will not be published (including signature line graphics),** but links to web pages may be included. Submitter is responsible for quality of content, which will be copied/pasted directly. **Replies to this message will not be responded to. Please send any inquiries regarding a Tiger Daily**

article directly to the submitter. Only one Tiger Daily message will be sent per day.